Chichester Herald

Friday 10th October 2014
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Win a meal for 2 at Murrays at the Ship Hotel
COMPETITION
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What happened to the customer is always right'?
ALLIS MOSS
Page 12

Win two tickets to see Gone Girl
COMPETITION
Page 20

When do we evacuate?

>> *People of Pagham worried time is running out to save homes*

Suzanne Reid
NEWS@CHICHESTERHERALD.CO.UK

PEOPLE LIVING on Pagham beach in West Sussex have said their homes are under threat after sea defences were damaged yet again leaving some residents asking 'When do we evacuate?'

This week's spring tides and strong winds have yet again destroyed the coastline, leaving property to within FIVE metres of devastation from the sea.

Back in August, the defences were washed away after the tail end of Hurricane Bertha caused further beach erosion. The sea defences were completed in December last year, but also damaged by strong tides the following month leaving Pagham residents with no long term hope as the sea gets ever so close to their homes.

About 5m (16ft) of the 12m (39ft) beach was eroded over a weekend in August and another couple of metres again this week.

Earlier this year, the Environment Agency pledged £70,000 and Arun District Council £100,000 to repair the defences after the damage in January.

David Huntley, chairman of Pagham Beach Residents' Association, said "This business of adaptive management – waiting to see what happens – I call 'leave it to the last minute and panic'.

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Just metres from disaster (Photo Maggie James)

MORE HEADLINES >>

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APPLY NOW FOR SEPTEMBER 2015 SCHOOL PLACES *Page 8*

SELSEY FISHERMEN RECOVERING FROM STORMS *Page 10*

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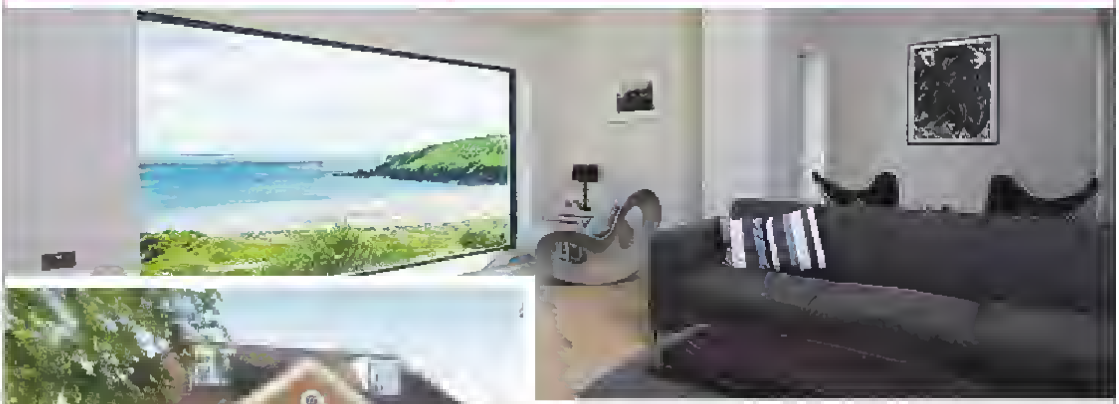

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Continued from page 1

People of Pagham worried time is running out to save homes

Local Pagham resident Hollie Kebell voices her opinions to BBC South Today and beach management (Photos: Maggie James)

Short term fixes by Arun District Council has been described by many as "throwing money into the sea whilst the shape of Pagham Beach is changing rapidly and dramatically leaving lives and homes at risk.

An ever-growing spit of shingle has displaced the harbour entrance and is forcing an aggressive tide to flow parallel to the beach, causing extensive erosion.

In addition, the spit's growth has stopped longshore drift (the natural process of shingle transport along the coast), blocking shingle that should replace naturally occurring erosion losses.

Already this has resulted in the loss of as much as 34 metres of depth and destroyed much of the beautiful beach, which is designated a Site of Special Scientific Interest (SSSI).

The rate of erosion is now so great that there is imminent risk of a sea breach and the loss of homes and assets on the beach and in the village.

In addition to the inevitable loss of beach, property and amenities, sea water could claim significant areas of farmland and hundreds of homes.

Local landmarks such as the Yacht Club, St Thomas à Becket's Church and the Church Farm Holiday Village would be under threat.

Also, the sewerage system could be completely overwhelmed.

The growing flood risk will have a financial impact on all in the Pagham area and beyond, and will directly affect the socio-economic fabric of the extended community.

The ultimate community initiative is to cut the spit, the solution that history says will be effective.

This solution will re-establish the original harbour mouth back to its pre 2000 position, letting the outflow from Pagham Harbour flow straight out to sea.

The SSSI beach will then start a recovery process that will lead to more rigorous flood defence, improved habitat, and re-establish a safe, attractive recreational facility for the community and holidaymakers.

More reassurance needed over plans

HEALTH BOSSES have been asked to provide further reassurances about the impact of plans on some local health services.

West Sussex Health and Adult Social Care Select Committee, which scrutinises proposals for local changes within the NHS, met last Thursday to seek assurances from Coastal West Sussex Clinical Commissioning Group (CCG) about the impact of its decision to award a contract for the delivery of new musculoskeletal services.

Katie Armstrong, Chief Executive of the CCG, told the committee that there was no intention for the change to impact on A&E and trauma services and their decision was in the best interests of patients.

The select committee also heard from representatives from Western Sussex Hospitals NHS Foundation Trust who suggested it would have a negative impact on some of their services.

Select Committee members wanted to see that the impact of the new MSK service on other health services had been fully assessed, and asked about the impact on local trauma services.

Whilst the CCG said that no contract would be signed until there are full assurances with respect to local secondary care (hospital) provision, the committee asked the CCG to consider all the issues raised in plans for the new service.

Margaret Evans, Chairman of West Sussex Health and Adult Social Care Select Committee, said: "We have asked the CCG to come to our next meeting to provide further reassurances and have reminded them that they will need to consult the Committee if it becomes clear that there will be a substantial change to other health services in the area."

Musculoskeletal services deal with a variety of conditions affecting people's muscles, bones and joints and range from hospital services such as orthopaedic surgery to services provided in the community such as physiotherapy and pain management.

The next meeting of West Sussex Health and Adult Social Care Select Committee will take place on Thursday 13 November at 10.30am in Committee Room 3 at County Hall, Chichester.

Anorak Corner

Interesting snippets of information about Chichester

There is only one road (the B2145) in and out of Selsey which briefly becomes a bridge at a point known as "the ferry", crossing the water inlet at Pagham Harbour. At one time Selsey was inaccessible at flood tide, and a boat was stationed at the ferry to take horses and passengers to and from Sidlesham.

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Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) Let us know what you think @Chiherald

@UniOpenDays
University of Chichester - Open day—Saturday (11th October 2014) http://bit.ly/ZEoxPa

@sarah_weird
Amazing #pumpkin #art displays @sindonpumpkins #Arundel #Chichester #food fun at it's best. http://sindonpumpkins.co.uk/

@Artistic_Maren
Surprising number of people in Chichester this morning seem to have missed the memo that mullets make you look a Pillock

@BognorMuseum
@AldwickParish Don't forget to sort Bognor Regis Museum of local and social history - open Tuesday to Sunday. 10am till 4pm - FREE ENTRY

@RoyalOakSussex
Autumn Offer going down a Storm! 50% off your Food Bill for the month of Oct. Mon- Sat Don t miss out! 01730 817470 #midhurst #chichester

@EarthCycleUK
come and see or at the @TransitionChi Green Fair this saturday at The Assembley Rooms in Chichester and discuss our sustainable products

@WSCCNews
Please RT! Book your free #healthcheck in #BognorRegis #Midhurst #Crawley or #Steyning for next week http://ow.ly/CeSca

@mindenmalcolm
@ChichesterFT @imelda Staunton #GypsyThe Musical Fantastic production worthy of life beyond Chichester Tour it please!!!! @markwood004

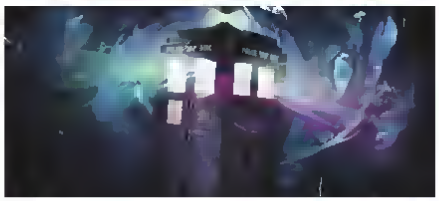
@deedollydee
@PennyMordauntMP can you please help the people of Pagham save their homes from the sea. See SavePaghamBeach. we need urgent help now "

@SelseyCentre
This Sunday is the first of 5 Table Top Sales at The Selsey Centre. Why not come along and grab a bargain or 2 Refreshments also available

Elizabeth has been banging herself silly

Tommy Boyd

Legendary TV critic and personality



TARDIS MOMENTS

Chichester supermarkets are a bit like the Tardis: bigger on the inside. And when the cashier has rung up all your stuff they go "Nineteen Sixty Three." Then there's a lot of pfaffing with cards and coupons and offers and they go "Actually it's Eighteen Ninety Four."

PLUMBER WHO LOOKS LIKE THE DOCTOR

A nice man came to make our bathroom bigger on the inside. Looked like a young Dr Who. He corrected me that a bathroom doesn't have a sink it has a basin, kitchens have sinks.

UPDATED JOKE

What's the difference between a sink and a basin? Early American settlers didn't hunt the sink to extinction.

INTERNATIONAL SPORT

I like rugby and cricket internationals but the rest is codswallop. We've been deprived a weekend of world class club football because a team of waiters and taxi drivers are playing San Marino. The Olympics are worst. It's meant to be about individual achievement but it's really a Eurovision thing with the gold "Going to Belgium". For the record I like the rugby and cricket because I love watching public schoolboys get pounded by men who were brought up in huts.

EBOLA

Terrible for the people of West Africa. I had to go to Gatwick this week and found myself worrying for the folk who work there too. Very stressful.

DR WHO

The Tardis keeps going back to Victorian times never the 1960s which were genuinely scary.

END OF THE WORLD

During the week-long Cuban crisis that nearly ended the world I was at junior school. One morning, about 11.00am the town hall nuclear warning siren went off. Our teacher, a grump called Mrs Thomas said "Carry on with your work. No talking" and left the classroom. We all carried on. Writing the past tenses of verbs. Run = Ran. Walk = Walked. I remember thinking "Burn. Burnt. Crisp in an instant—Burned-or-is-it-burnt? Teacher came back after 5 minutes and said "It was only a test". I was 10. We all knew that if it was real we'd only have had 4 minutes to live so I'd never have got to do anything I wanted in my last moments.

LAST FLY OF SUMMER

We give insects that appear in our house names. It makes them seem less of a problem. Elizabeth has been banging herself silly against the downstairs windows since Sunday.

CHRISTMAS BOOKS

Sporting autobiographies are much more interesting nowadays. They used to go "The skipper won the toss and I was fortunate enough to score a hundred before lunch." Now it's "The gaffer was a washed up bighead so I got drunk and punched our keeper." Or "Matt hated everybody except Stuart and they hated everybody else and made people cry and one had a nervous breakdown." Fascinating.

JOKE

Helium walks into a bar and asks for a pint. The barman says "We don't serve noble gases in here." Helium doesn't react.

BETTER JOKE

A cowboy rides into town in a shirt made of paper and they hanged him. The rustling.

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

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Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83 000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "Whilst a couple were having a coffee in Ems, they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us.

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Liftshare Week highlights savings for commuters

A POPULAR lift-sharing scheme which helps thousands of people commute to work in West Sussex is celebrating its 10th birthday

West Sussex County Council runs the successful car-sharing scheme – www.westsussexcarshare.com – in partnership with UK network Liftshare

Since 2004 3,730 workers in West Sussex have opted to join the scheme to cut their travelling expenses and carbon footprint

Among the businesses to sign up are Goodwood based car manufacturers Rolls Royce

Over 200 Rolls-Royce associates have registered their journeys on the website.

Pieter Montyn, County Council Cabinet Member for Highways and Transport, believes that car sharing is one initiative to help relieve the pressure on the local environment

He said: "Car sharing brings real benefits to commuters, many of whom can halve their commuting costs or better.

Promoting shared journeys also helps employers to be good neighbours, reduces their impact on the local environment, and can help them expand their operation within their existing site footprint

This has been the case at Rolls-Royce Motor Cars, which is a fantastic local success story"

www.westsussexcarshare.com connects people doing similar journeys Two people sharing a typical 10-mile commute could each save over £500 per year in fuel costs alone

It is completely free to join and use and employers can set up private groups on the website, where access is restricted by email address or a password.

A new video about the West Sussex car sharing scheme can be viewed at www.westsussex.gov.uk/carsharing and a leaflet about the scheme can also be downloaded

Employers interested in setting up a private group on westsussexcarshare.com can email travelwise@westsussex.gov.uk for details.

The scheme is being promoted as part of National Liftshare Week, which runs from 6-10 October

To mark the event, anyone who sends a request to share' message at www.westsussexcarshare.com between now and Sunday, October 12 will be entered into this year's prize draw

One lucky member will not only walk away with a potential car sharer, but also £250 cash!

Meeting switches from Chichester to Horsham

THE FULL MEETING of West Sussex County Council will take place at County Hall North in Horsham on Friday, October 17

On-going repair work to the council chamber ceiling in Chichester is the reason for the new venue. The meeting will take place in the Park Suite and will begin at 10.30am

Items on the agenda include a debate on a public petition calling on the County Council to declare West Sussex a 'Frack Free Zone'.

Other items for debate include Proposals for the County Council to restore the committee system,

To consider the implications for the county of the recent Rotherham child exploitation scandal,

The implications of housing development west of Ifield; and

A challenge to the decision on making changes to West Sussex Fire & Rescue Service

Public seating is limited and therefore, to manage numbers, tickets are available in advance for people wishing to attend the meeting – especially for the petition debate

A small number of tickets will also be available on the day of the meeting

To apply for a ticket please email OilandGas@westsussex.gov.uk.

The meeting will be webcast live as usual and can be viewed on the day here

The full agenda can be read here on www.westsussex.gov.uk.

Take care of your mental health this World Mental Health Day

FIND OUT more about mental health services in West Sussex on World Mental Health Day this Friday (October 10).

This year's theme is 'living with schizophrenia'.

One in four people will experience some kind of mental health problem in the course of a year.

Among the help for people in West Sussex is peer support allowing them to talk to someone who has first-hand experience of mental health needs and has undertaken training to help others in similar situations

This service is provided locally by five different organisations across West Sussex. They can also help with employment support, emotional support, housing and benefits advice, access to the community and social isolation, skills building, and support with daily activities such as cooking, budgeting and household management

To find out more contact your local organisation

United Response (Littlehampton and Bognor Regis and wider area): 0800 0884 377

Richmond Fellowship (Chichester and wider area) 01243 780240

Plus libraries have material and events to help people with mental health conditions all year round World Mental Health Day was started by the World Federation for Mental Health and the aim of the day is to promote greater public awareness and understanding of mental health and mental illness

For useful contacts see www.westsussex.gov.uk/mentalhealth

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Select Committee asks for more reassurance about plans for local health services

HEALTH BOSSES have been asked to provide further reassurances about the impact of plans on some local health services.

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Katie Armstrong, Chief Executive of the CCG, told the committee that there was no intention for the change to impact on A&E and trauma services and their decision was in the best interests of patients.

The select committee also heard from representatives from Western Sussex Hospitals NHS Foundation Trust who suggested it would have a negative impact on some of their services.

Select Committee members wanted to see that the impact of the new MSK service on other health services had been fully assessed, and asked about the impact on local trauma services.

Whilst the CCC said that no contract would be signed until there are full assurances with respect to local secondary care (hospital) provision, the committee asked the CCG to consider all the issues raised in plans for the new service.

Margaret Evans, Chairman of West Sussex Health and Adult Social Care Select Committee, said: "We need to be sure that implementation of the new MSK service improves services and outcomes for patients, without being at the expense of other key services. We have asked the CCG to come to our next meeting to provide further reassurances and have reminded them that they will need to consult the Committee if it becomes clear that there will be a substantial change to other health services in the area. If necessary, we will convene a special meeting to make sure this happens at the right time."

Musculoskeletal services deal with a variety of conditions affecting people's muscles, bones and joints and range from hospital services such as orthopaedic surgery to services provided in the community such as physiotherapy and pain management.

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Apply now for September 2015 school places

PARENTS of West Sussex children who are starting school for the first time next September, or who are transferring to junior or secondary school, are being urged not to leave their applications until the last minute.

Online applications are now open and can be submitted to West Sussex County Council for places at primary, junior, intermediate or secondary schools.

Applying online is quick and easy, and allows parents to receive details of the school they have been offered by email.

Parents should have received a letter from the County Council if their child is due to start or move school in September 2015, but they do not need the letter to apply for a place.

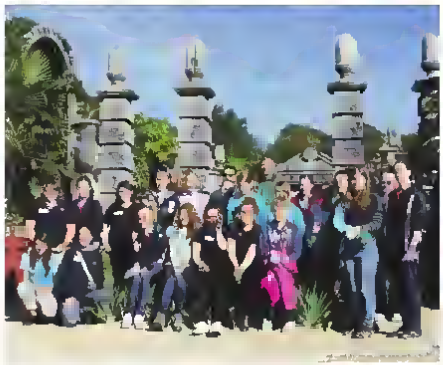
Further information is available at www.westsussex.gov.uk/admissions. Parents who do not have internet access, but have an email address, can apply for free at a West Sussex Library or Children and Family Centre, where staff can offer assistance if needed.

Parents can express a preference of up to three schools for their child. If they wish their child to be considered for their catchment school they must list this as one of their three preferences.

The deadline for applying for intermediate and secondary schools is Friday 31 October 2014.

The deadline for applying for starting school and junior schools is Thursday 15 January 2015.

Arundel Castle sows the seeds of a beautiful spring!



West Sussex Girl Guides volunteering at Arundel Castle

WITH 40 ACRES of stunning grounds and gardens to tend to, seasonal preparations are a serious business for the Arundel Castle garden team, taking many months to complete. At the heart of the team's workload is the planting of 48,000 spring bulbs – a record amount for the Castle.

The bulbs span a variety of dazzling spring blooms, including Snake's Head Fritillaries, Purple Sensation Hyacinths and Pheasant's Eye Narcissus as well as 22,000 tulips. The tulips will be the centrepiece of Arundel Castle's highly acclaimed Tulip Festival in Spring 2015.

The displays feature a range of tulip varieties from Purple Prince to Curly Sue, Black Parrot and Orange Emperor, promising stunning bursts of spring colour.

Head Gardener Martin Duncan commented: "We have a team of seven people planting almost 50,000 bulbs in just three months. It's quite a tall task, but knowing how spectacular the gardens will look when everything is in bloom is great motivation."

For the third year running, members of the West Sussex Girl Guides will spend a day assisting Arundel Castle's gardeners. The Guides will plant a range of spring bulbs, and be invited back to the Castle in 2015 to see their efforts blossoming.

Beyond planting new season bulbs, the garden team is also busy pruning roses, repairing lawns, lifting and dividing perennials, and wrapping up tender plants to protect against early frosts.

During the 2014 season, private tours of Arundel Castle's gardens hosted by the Head Gardener were made available to the public, allowing keen gardeners to receive expert advice.

Duncan continues: "It is important to use this time while the weather is mild to repair any damage to your lawns and prepare them for next spring. This is also an ideal time for planting new perennials, climbing plants and bulbs. If you have the opportunity, gather up any fallen leaves and store them for up to 15 months to make Black Gold – a particularly nourishing leaf mould."

Arundel Castle will close on 02 November 2014 and will reopen on 28 March 2015.

For more information on the Castle or to arrange a private tour of the gardens, please visit www.arundelcastle.org.

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Selsey fishermen recovering from storms

Some of the Selsey fishermen with Councillor John Connor who represents Selsey George Smith Business Support Officer at Chichester District Council and Councillor Myles Cullen Cabinet Member for Commercial Services at Chichester District Council

FISHERMEN in Selsey have been getting back on their feet following the storms at the beginning of the year with help from Chichester District Council.

The Economic Development team helped several of the fishermen write applications for a special government grant specifically set up to help the fishing industry recover from hardship experienced as a direct result of the storms.

The fishermen were unable to go out to sea for three months because of the severe weather. On top of this, the storms also caused serious damage to their fishing gear stored on the beach.

The grants have allowed the fishermen to claim back 60 per cent of the costs of replacing expensive equipment such as pots and lines.

The Economic Development Team also worked closely with the council's Senior Engineer and Environmental Team so that a storm gate could be installed on Selsey Beach. Other work carried out to help the fishermen land their catch safely included re-profiling the shingle at East Beach after it shifted and banked up in the storms.

Councillor Myles Cullen, Cabinet Member for Commercial Services at Chichester District Council, says: "The fishing industry in Selsey is worth £1.5 million to the local economy which is a significant amount. Our Economic Development Team was able to assist the fishermen in a number of ways to enable them to recover from the economic effects of the storm damage so that they can continue with their livelihoods.

"This, combined with the fine weather we have experienced over the summer has meant that the Selsey fishermen have been able to make up the lost earnings which is fantastic news. The Economic Development Team continues to work closely with the fishermen offering ongoing practical support."

Secretary of Selsey Fishermen's Association, Robert Greenwood, says: "We have been lucky to have the Economic Development Team supporting the needs of the Selsey Fishermen, and it was instrumental in getting the members of the association through the application process for the storm relief.

"It also supported the fishermen with the help of Martin Gillam of the Foreshore Office to repair and re-level the beaches so all the fishermen can continue to operate from their beaches. I can't thank the support that the team gives to the Selsey fishermen enough."

Businesses can access a range of practical support and advice, for more information call 01243 534669, email business.support@chichester.gov.uk

or see www.chichester.gov.uk/businesssupportandadvice

Proud Parklands

PUPILS had barely taken their seats at the start of this term when Ofsted inspectors arrived at Parklands Community Primary School in Chichester. And clearly impressed with what they saw, the inspectors lost no time in judging the school to be 'Good'.

With the Ofsted inspection criteria having changed considerably since the school was last inspected in January 2011, to be judged 'Good' is a huge achievement - one that pupils, parents, teachers and governors are all extremely proud of.

Alesa Henham, Headteacher, said: "The school is going from strength to strength and we were delighted to receive such a positive report. The whole Parklands team, including all staff and governors, have worked extremely hard and should be thanked for creating such a wonderful learning environment for our children. All pupils are a real credit to their school and they must be congratulated for their positive attitude to learning and behaviour. We are extremely fortunate to have supportive parents and carers who play such an active part in their children's education."

Reasons Ofsted deemed Parklands to be 'Good' included:

- Children in the Early Years Foundation Stage settle in quickly and are taught well. They make good progress and are well prepared for Year 1.
- Key Stage 2 pupils' progress in mathematics has improved rapidly. Pupils now make good progress in all subjects across much of the school.
- Last year's Key Stage 1 and Key Stage 2 pupils achieved results above the most recent national averages. Pupils' results in Key Stage 2 strongly improved over the previous year.
- Most teaching is good across the school, with some that is outstanding.
- Pupils are courteous and well behaved. They work and play together happily and cooperatively. The school keeps pupils safe and looks after them well.
- Pupils with special educational needs are well supported and highly valued by other pupils and staff.
- The headteacher, along with other leaders and governors, has raised the school's expectations. The leadership team's well-planned actions have led to improvements to pupils' achievement and to the quality of teaching.

Unable to meet the demand for places this year, despite recent expansions, Parklands remains a highly popular choice of school, with pupils hailing from right across the city and beyond.

With the entire school community thrilled by Ofsted's assessment, while the autumn months are traditionally grey and gloomy, at Parklands the mood is most definitely celebratory!

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What happened to the 'customer is always right'?

Allis Moss

On the Case

I always enjoy a day in London when I haven't been for a while. Not a day out, but a day in. Suspended tube services, low-emission zones, high prices, rude people on the pavement—I love it all in small doses.

But this time, something jarred.

I suppose it was inevitable.

The last time I spent significant time in Paddington station I had just interviewed author Michael Bond, the creator of Paddington Bear and the Herb Garden. To me, this is the high point of culture and Michael did not disappoint. He was a really nice person as well, talking to me over mugs of tea in his warm, homely kitchen with a fluffy pet guinea pig running around on the carpet.

Afterwards, my editor said, "Go and do a 'vox pop' by the statue of Paddington Bear in the station." This is where you become like something akin to a charity 'chugger' or a door-to-door salesman, except you're fishing for comments in a microphone instead of cash.

Not far from the Krispy Kreme Donut stand, within sight of the Bear, I'd managed to find two people who met at the statue, bla la bla, yada yada yada. He'd proposed by it and they wed later away from it. It was a vox popper's heaven.

Yes, that last loiter in Paddington station was a warm and cuddly occasion.

A foggy day in London Town.

Now I was just enjoying hanging out, before catching a train, spending time in a few of the smart little boutiques on the station concourse. The Body Shop, a South African franchise where I picked up a jar of sauce to look at its exotic ingredients, and others.

Each time I touched or picked something up to look at it, I became aware of a server suddenly at my elbow, pretending to have immediate business right beside me. It was unnerving. Embarrassing. You felt ridiculously guilty. It made me want to say aloud, 'I'm not about to steal anything—I'm a shopper and a consumer, and I have a right to inspect your goods before and if I decide to buy them.' But in the unwritten code of our social politics, I said nothing. I told myself it was understandable, the staff have to guard against shoplifters and maybe people are doing runners every time. Perhaps I looked particularly suspicious in a beige trench coat, which was rumpled from the rain, putting on a pair of spectacles to look more closely at their products.

Christmas shopping

It hits a nerve and I'll tell you why. Not only because it leaves innocent members of the public feeling uncomfortable but because I have never forgotten what happened to me one Christmas.

I was 15 and shopping for presents after school in the Owen Owen store — now gone — in Brighton.

There was a costume jewellery-tree crammed with glittery, plastic bangles, and as I tried to look at them, one rolled off onto the floor. As a myopic kid in that highly spot-lit setting on a winter's early evening, I couldn't see where it had gone. So I finished my shopping and went to leave the store.

As I walked out, both my arms were suddenly seized by big, powerful adults and I was hauled inside for an interrogation in an upstairs office.

A female store detective claimed to have seen me drop the bangle in my bag. "I swear on a stack of Bibles, it's not true," I said to them.

I insisted it wasn't true, to look on the floor.

As soon as they did, they found the plastic bangle.

It was a horrid experience and with the hindsight of an adult, the actions of the staff involved were disgraceful.

My mother complained and we never shopped there again.

If that had happened to a kid now, you might well think about suing them, but we weren't litigious back then, were we?

Room for manoeuvre

This month I booked a room in a guest house but then called to cancel the final night. "It's fine as long as you give us 48 hours' notice," said the cheerful lady on the phone, telling me to get a refund for it when I arrived.

Why, then, on arrival, does a quite different operative demand an email confirming the cancellation, questioning the possibility of the promised refund, so that you end up having to kick up a fuss to get it?

Whatever has happened to good service, to the customer is always right, to notions of mutual respect and trust? It's mostly gone.

And finally

Here's something you can use, from a lady with the stature no less than Mother Theresa herself, who advises that 'peace begins with a smile'.

It's simple and it works. To qualify that, it might not always work on another, but you feel better for it!

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Singleton Primary School Commemorates 50th Anniversary with Souvenir Scrapbook

THE CHILDREN at Singleton Primary School this week took receipt of a very special addition to their library, a Scrapbook of memories and anecdotes to commemorate fifty years of the school being on its current site at Charlton Road. The book, which has been put together by the children, along with current and previous staff and former pupils, has been beautifully designed and illustrated by local businesswoman and parent Chloe Robertson.

Contained within are stories of the school's links with the local community, the church, memories of former teachers and head teachers, multiple births, and brushes with fame. Many former pupils remember the school moving from its previous building next to Singleton Church and have shared their recollections of relocating to the more modern Skola style building in 1964. Photographs of the school and its children over the past five decades show what a school inspector once referred to as "altogether a happy and hopeful little school".

Current Headteacher, Christopher Todd says "It has been fascinating to look through the archives and see the development of the school since moving from the village site in 1904. I hope that the many days, months and years of enjoyment and learning in times gone by are reflected in the pages of this scrapbook."

This project has kindly been sponsored by local companies Wiley, IGas, McCarthy & Stone and The Hyde Group, without whose generosity this wonderful project would not have been possible.

As well as the book, a series of events has been planned to mark the 50th Anniversary, including an exhibition of photographs and archives at Singleton Village Hall from Tuesday 14th to Thursday 16th October from 10am – 12.00. Parents, staff and former pupils are invited to a celebratory hog roast at The Fox Goes Free on Thursday 16th October, and there will be a vintage picnic, attended by Her Grace, The Duchess of Richmond on Friday 17th October, to celebrate the actual anniversary of the school opening.

The Scrapbook is available to buy from the Singleton School office from Monday 13 October, priced at £10.00. For information on any of the events, please call 01243 811079.

TV role for local girl

10-YEAR-OLD local girl Abigail Eames has secured the role of a lifetime in prime time BBC Television show Doctor Who.

The Theatre Workshop Stage School student has enjoyed four weeks of filming for this exciting new role! It's not the first time that Abigail has appeared on our screens, in the last few years she has secured roles in Casualty, Lawless and Harry Enfield's Harry and Paul to name just a few!

The Theatre Workshop's Creative Director, Lora Munro, said: "We are incredibly proud of Abigail's continued success, and can't wait to see what's next for her!"

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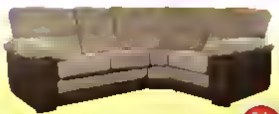

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Experts help young imaginations take flight at Story Factory

BRING YOUR IMAGINATION and let it fly! That's the message to local children aged 6+ from the team behind a brand new Chichester based creative workshop.

Promising a story 'spooktacular' Story Factory Chichester invites children to embark on a fun and fascinating exploration of tales through words, art and music as part of a day-long Halloween workshop.

Hosted by writers Katy Lassetter and Vicky Edwards, special guest experts include CBeebies writer and producer Diana Hinshelwood, illustrator and designer Paul Fuller and music practitioner Mike Fry.

Taking place from 10am – 4.30pm on Friday 31 October at the Friends Meeting in Priory Road, Chichester, children of all abilities will be encouraged to use their imaginations to create stories inspired by some weird and wonderful props. There will be sessions in writing, illustration (including cartoons and comic strips) and music as well as games and crafts. The umbrella theme for the day is 'The Trunk of Mystery'.

Katy Lassetter said: "As local writers, Vicky and I are often asked if we know of any creative writing sessions specifically for children. The only workshop we were aware of had closed down so we decided to try hosting a one-off event with a view to making it regular, depending on the take up.

"Knowing that children express themselves in different ways creatively, we thought a structure enabling them to tell their stories by writing and drawing, and also creating songs and crafts, would work well. While we might not manage anything on the scale of the Bayeux Tapestry, I'm sure we'll uncover some amazing ideas and lots of enthusiasm.'

"We are also incredibly lucky to have three very special guests join us for the day to share their expertise with the children. We are really looking forward to seeing the children showcase their work at the end of the day for their parents."

The workshop fee for the whole day is £25 per child. All materials, drinks and snacks will be provided – just bring a packed lunch and your imagination! For more details and booking forms email Katy@ChichesterCopywriter.co.uk or call 01243 533421.

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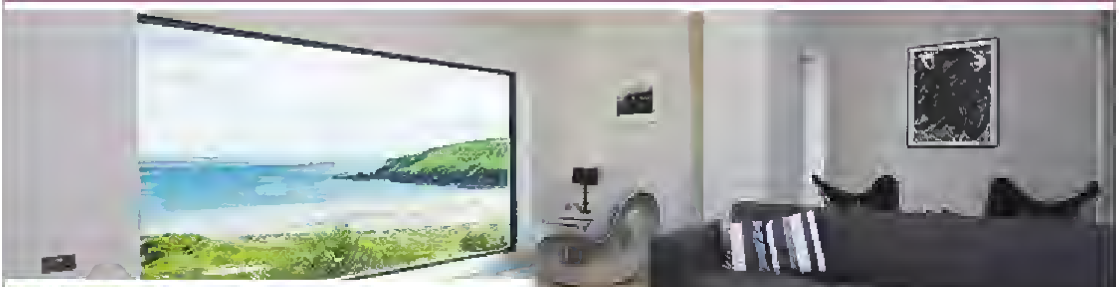

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National News

News in Brief

• TOO MUCH "awful care" is happening in care homes in England, the chief inspector of adult social care at the Care Quality Commission (CQC) has said. The standard of care in homes in England is 'not good enough at the moment', Andrea Sutcliffe admitted. CQC publishes new plans for how it will regulate, inspect and rate care homes on Thursday. Ms Sutcliffe said CQC's reputation was improving. The commission has faced severe criticism after a series of abuse scandals in residential homes.

• NANCY BIRTWHISTLE has been crowned as the winner of this year's Great British Bake Off. The 60-year-old grandmother from Lincolnshire beat her two rivals – favourite Richard Burr and Luis Troyano – to claim the title. She said that she "couldn't remember what happened" when her name was announced and called it "one of the best things" she has done in her life. This series of the popular show saw it screened on BBC One for the first time.

• A PRISONER is seriously ill in hospital after a second disturbance within a week at a Kent prison. The man was badly injured during an incident involving two inmates at HMP Swaleside on the Isle of Sheppey at about 10:15 BST on Wednesday. In a statement, the Prison Service said: 'Two prisoners are involved and one prisoner is currently receiving hospital treatment.' On Friday, a prison officer was attacked with a blade at the jail.

• SCHOOLS in England can no longer work with Ofsted's "adversarial approach" and the watchdog should be totally transformed, head teachers have warned. The National Association of Head Teachers (NAHT) says school inspections should be changed to make them fairer and more accountable. The NAHT wants to see peer reviews, where school leaders lead rigorous and accredited reviews of other schools. Ofsted boss Sir Michael Wilshaw said schools needed "go-getting" leaders.

• INCREASING numbers of paramedics are leaving NHS ambulance services, according to figures. Senior staff say remaining paramedic crews are under greater pressure than ever before to meet demand. At least 1,015 paramedics left their job in 2013-14, compared with 593 in the same period two years earlier. The Department of Health says it is spending an extra £28m on the ambulance service in England this year.

• THOUSANDS of teenagers are to get an extra hour in bed in a trial to see whether later school start times can boost GCSE results. University of Oxford researchers say teenagers start functioning properly two hours later than older adults. A trial tracking nearly 32,000 GCSE pupils in more than 100 schools will assess whether a later school start leads to higher grades.

US Air Force F-15 jet crash prompts safety fears

THE SAFETY of military aircraft combat exercises over populated areas has been questioned after a US jet crashed near houses and a school in Lincolnshire.

The pilot ejected from the F-15D before it crashed in a field in Weston Hills at 15:28 BST on Wednesday.

One witness said the aircraft, which came from RAF Lakenheath in Suffolk, flew unmanned for "a good mile".

The US Air Force (USAF) said the accident would be investigated. One MP said he would 'keep a careful watch'.

Four US aircrew died when a helicopter from RAF Lakenheath crashed in Norfolk while on a training mission in January.

Colonel Robert Novotny, base commander at RAF Lakenheath, said lessons would be learned from the F-15D crash if they were necessary.

"It is safe and every time we have an aircraft accident, the air force does a wonderful job," he said.

"Safety, performance, the manner in which we conduct our training and all those things are put through the test.

"We learn lessons from them, if they are necessary, and obviously we continue to move forward with our training mission here."

The F-15D crashed during a combat training exercise involving two aircraft.

Janet Prescott said the aircraft were 'dogfighting" over her house in Weston Hills for half an hour before the crash.

She saw the F-15D come down and said it was "pure luck rather than judgement" that it did not hit houses and the school.

"From what I saw that was not a controlled crash," she said.

"That plane was completely out of control and wasn't manned for the last mile it was flying.

"When it lands so close to a school and so close to house, that, for me, is a major concern.

"It could have taken any number of houses out. Weston Hills yesterday could have been another Lockerbie."

Ms Prescott said aircraft practised dogfighting over the area on a regular basis.

"I think there needs to be a very serious review of what's going on in this area and the level of activity that's happening," she said.

"The activity over the village and area has increased over the last few weeks, where we are getting jets on a daily basis."

Child sex exploitation 'happens across Stoke-on-Trent'

IT IS "UNDOUBTEDLY THE CASE" child sexual exploitation is taking place across Stoke-on-Trent, a report said.

The council report said 27 youngsters were targeted in the city in 2013 and 76 were at risk.

It comes as an independent review of child protection services praised the authority for developing "an effective multi-agency response" to the issue.

Gwen Hassall, the authority's deputy leader, said the problem was "nothing like the one in Rotherham".

A report earlier this year revealed that in that town at least 1,400 children were abused.

The report on Stoke, carried out by a team from the University of Bedfordshire, said there was a long waiting list to access support.

It made 25 recommendations about how the service can improve. These include nominating a multi-agency co-ordinator and improving recording.

The report to the council's Children and Young People Overview and Scrutiny Committee said Stoke's deprivation, motorway infrastructure and cheap rental properties made it more vulnerable to sex exploitation.

Mrs Hassall said it was "very sad" to admit the exploitation goes on.

"We are doing everything we physically can to get rid of it," she said.

"I would be foolish to say this is not happening."

English football has a £379m transfer deficit, report says

ENGLAND has the biggest trade deficit in the world football transfer market, according to a report from Barclays.

After a record summer of spending, English clubs had a combined deficit of £379m.

English clubs spent £579m on players from overseas, with £200m of talent going from England to clubs abroad.

But the deficit is more than covered by money from overseas television and foreign sponsorship rights, said Barclays.

This amounted to over £1bn a year, according to the report, Barclays Football Balance of Trade.

Chris Lee, head of professional sports banking at Barclays, said: "While English football has run up the biggest trade deficit in world football transfers the overall income it generates far outstrips the cost of importing players from overseas.

"Matches from England's premier league are beamed to around 211 countries across the globe, and overseas corporates want to be part of what is regarded by many as the best football league in the world," he said.

Chichester Business

'Givers Gain' at Chichester's BNI

When it comes to networking, it's often not about who you know but who knows you' Networking is about making connections and building enduring, mutually beneficial relationships Recently I've been attending Chichester's thriving BNI chapter, with the intention of meeting the right people to include in my network and so that ultimately, I can ensure the steady and profitable growth of my business

For those of you who aren't familiar with the BNI, they are an international business networking referral organisation with chapters throughout the world The active Chichester group is one of 32 within Sussex, which seeks to provide a structured, supportive business environment in which local business people can get together to network.

The structure of the group is built around having just one representative from each profession, so no two businesses will do the same. This enables businesses to develop the strong personal relationships that lead to trust There is no competition from within the group either, ensuring you have the entire chapter membership acting as your sales force, actively looking for work to refer to you

It's unusual to find a place that provides professional support from such a wide range of people and businesses, resulting in meetings that offer a great place for members to discuss the ups and downs of running a business and to share advice The philosophy of BNI is 'Givers Gain' – meaning, if you support other businesses, they will want to support you in return, which works well for me!

Chatting to Paul Beard, Chichester BNI's Membership Secretary, he told me how he joined the BNI three years ago when he established himself as an SME Advisor with his HR and Health & Safety consultancy.

'Each week I educate my co-members about what I do and they regularly introduce me to their contacts, which has resulted in me benefitting from over £30,000 of business each year since The great thing about the referrals I receive is that when I call the customer the trust and confidence in me has already been established due to my relationship with the BNI so it's often quicker to get straight down to business"

The Chichester Chapter is ranked third in Sussex and continues to grow Generating new business through the exchange of referrals, 200 have occurred within the last three months and creating an impressive £118,487 worth of business

"Business is literally going begging at the moment" Explains Paul. "Where we don't have a professional to introduce potential customers to, business is being lost We're encouraging potential new members to get in touch if they offer the services we are looking for"

The members of Chichester's BNI with Kylee far right

Membership opportunities are available NOW for businesses operating in these professions

- Office Supplies
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- Estate Agent / Letting Agent
- Florist
- Architect
- Pest Control
- Garage Door/Awning Supplier
- Travel Agent
- Garden Maintenance
- Bookkeeper
- Fire Safety
- Blinds & Shutters
- Surveyor
- Medical Insurer
- Interior Designer
- Locksmith
- Carpet/Flooring
- Car Valet
- Web Design
- Physiotherapist
- Photographer
- Caterer
- UPVC Windows & Doors

The Chichester BNI meets over breakfast every Thursday morning 6 45am until 8 30am at The Chichester Park Hotel Visitors are welcomed, so if you are a local Chichester business and are interested in finding out more about how you can become part of this flourishing business network, text, call or email Membership Secretary Paul Beard on 07787 557250 or email paul.beard@smeadvisor.co.uk. Visit http // www.chichester-bni.co.uk/ for more details

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column e Kylee@MindseyeManagement Com @MindseyeMgmt

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Young people encouraged to attend apprenticeship event

YOUNG residents across Chichester District are being urged to kick start their careers and consider becoming an apprentice

A special apprenticeship information event will take place on Wednesday 22 October at the Assembly Rooms, The Council House, North Street , 2pm – 4pm

The event is being supported by Chichester District Council and a wide range of employers from the area will be on hand throughout the day with information about the various apprenticeship opportunities available

As an apprentice people can earn while they learn and young people interested in applying should bring an up-to-date CV with them on the day

Councillor Myles Cullen, Cabinet Member for Commercial Services at Chichester District Council, says "I am delighted to see the return to apprenticeship as a major avenue for training and employment and the council is always keen to help support and develop the skills of our young people across the district As part of our commitment to apprenticeships we have also taken on our very own apprentice in administration who has just started working with our Economic Development Team Helena Grudzka will be helping organise the event and registering potential apprentices This event will be an excellent opportunity for young people to think about their future and find out the vacancies that are available"

Other apprenticeships are available at the council including in marketing and customer services See www.apprenticeshipvacancymatchingservice.lsc.gov.uk for more details

For more information about the apprenticeship event on 22 October, see www yourspacewestsussex.co.uk

Chichester painter & decorator wins £2,000 worth of products thanks to Dulux Decorator Centre

A PAINTER AND DECORATOR from Chichester is the lucky winner of £2,000 worth of products, thanks to a promotion by Dulux Decorator Centre to launch its newly re-branded stores.

More than 11,000 painters and decorators from across the UK took part in the competition, but Paul Morris, aged 57, walked away with a selection of professional products from the DuluxDecorator Centre on Quarry Lane Industrial

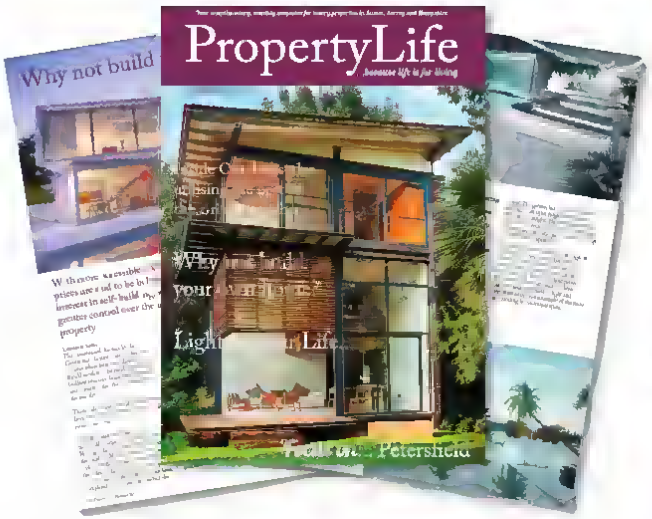
Paul entered Dulux Decorator Centre's Win a Van competition, but after being unsuccessful in his attempt to drive away with the Ford Connect 240 van, he was entered into a prize draw for Chichester There were 11 other winners around the country, each receiving £2,000 worth of products in a prize draw after being unsuccessful in their attempts to win the van.

Paul commented "I was in disbelief when the store told me I'd won, you never expect your name to be pulled out of 11,000 Winning these products is a massive amount of support from Dulux Decorator Centre It means that I can continue carrying out my work to the best standard possible"

Beverley Whitehead, marketing manager at Dulux Decorator Centre, said "Paul is just one of our many customers who have benefitted from this promotion It is important that all painters and decorators are approaching jobs with the right kind of materials and supplies, and that's what we wanted to give our customers the chance to win

"Building relationships with painters and decorators is very important to us, and this promotion is our way of rewarding and supporting customers by giving them that little bit extra."

Property magazine has the 'wow' factor



PROPERTY LIFE is a complimentary monthly property magazine for Hampshire, Sussex and Surrey.

Property Life was created following widespread demand for a high end property publication within this affluent part of southern England. Whether you or your clients are looking for a beachfront house, a country retreat, a city character house or a picturesque village cottage – Property Life can help you find your dream home.

Property Life has a readership of over 70,000 people and gets distributed in the south coast of England's most affluent areas. With the significant rise in the property market, Property Life is of great interest to prospective purchasers and vendors and high-end estate agents offering beautiful luxury homes.

Each month the magazine will be showcasing the best properties available on the market using the most established and respected estate agents.

Property Life magazine includes features and columns on the latest home interior designs. They recommend where to source the most fabulous home furnishings that you desire to create your dream home as well as expert advice on property development.

You will also find ideas for stunning garden designs, high quality garden furniture, swimming pool creations and out building designs including summer houses, garden offices and games rooms making your creative dreams become a reality.

Property Life will give you the most up to date market information, financial investment knowledge and mortgage advice.

Property Life are passionate about Eco living and have experts on hand to make your house greener than ever.

Each month Property Life will be featuring the best pubs and restaurants in your local areas to search for that perfect al la carte menu or the most delicious Sunday roast. Property Life also covers travel destinations, the perfect get away and holiday homes abroad.

Property Life has selected the most credible experts in their fields to share their knowledge each month.

Distributed to Chichester, Aldwick, Arundel, Emsworth, Storrington, Petworth, Midhurst, Petersfield, Liphook, Haslemere, Chiddingfold, Bosham, Felpham, Pagham, Pulborough and the Witterings as well as many more towns and villages within those areas.

Distribution points to include Estate Agents, Waitrose, Homebase, John Lewis, BHS, Leisure clubs, Hotels and Spa's, Private Hospitals, High End Retailers, Hotels plus many more outlets.

Property Life Ltd, Suite 804, 20 The Hornet, Chichester, West Sussex, PO19 7BB.

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cineworld Now showing at Cineworld Chichester

Cinema Review: Gone Girl

Gone Girl (15)
Running time: 149 minutes
Director: David Fincher
Starring: Ben Affleck, Rosamund Pike, Neil Patrick Harris, Emily Ratajkowski

★★★★☆

Ben Affleck is suspected of murdering his wife in this dark, complex thriller from 'Seven' director David Fincher. When Amy Dunne (Rosamund Pike) disappears on her fifth wedding anniversary, her adoring husband Nick (Ben Affleck) is naturally distraught. Adopting a high public profile, he launches a massive search for his 'Amazing Amy'. But under intense media and police scrutiny, cracks begin to appear in Nick's portrayal of his perfect marriage. As his lies unravel, he finds himself cast as the prime suspect! Adapted from her own bestseller by Gillian Flynn, this is a gripping, twisty-turny psychological thriller for an age in which such cases are played out in the unforgiving glare of the media spotlight. Neil Patrick Harris leads the supporting cast as Amy's creepy ex boyfriend. Making his eagerly anticipated return to movies from TV's acclaimed 'House of Cards' is David Fincher, Oscar nominated director of 'The Social Network', 'Fight Club' and 'Seven'.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Which 2013 Oscar winning film did Ben Affleck both direct and star in

A ZERO DARK THIRTY

B ARGO

C DJANGO UNCHAINED

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 14th October 2014 at midday. The winner will be notified later on that day. Last weeks winner was Steve Pawsey from Bognor Regis. Chichester Herald competition terms and conditions apply.

cineworld **Cineworld Chichester**
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Sky Diary October 2014

By Peter Littlejohns

Jupiter is easy to find on the 18th as it will be close to the Moon in the pre-dawn sky.

Saturn will be occulted by the Moon on the 25th at 17.00 BST so care must be taken if using binoculars etc. as the Sun will be close by in the evening twilight.

Uranus and Neptune are both well placed in the S in Pisces and Aquarius but will need binoculars or telescope to resolve them.

The peak of the Orionid meteor shower is on the 21/22nd night which should produce around 30 shooting stars an hour, diverging from low in the E and best viewed after midnight.

In 2004 an Ariane 5 rocket was launched from French Guiana carrying a probe (Rosetta) and a lander (Philea) for a 10 year journey around the Earth, on to Mars, then to two Asteroids, finally catching up with Comet 67P/Churyumov Gerasimenko. Rosetta will track the comet, move closer, select a site and, sometime in November, land Philea on its surface to analyse its make-up. It is an odd, battered shape about 4x3.5km in size travelling at 55,000 kph and radio signals take a nail biting 22 minutes to reach the probe. Rosetta will carry on tracking the comet with a multitude of instruments observing the sublimation of the dust and gases which will develop into the tail as it approaches, then flies around the Sun next August. Watch the press for some stunning photos!

Planetarium Shows and Dates October 2014

Friday 10 7.30pm The Hunter's Moon
Saturday 11 1.30 4.30pm
COURSE How to Use your New Telescope
Sunday 12 3.30pm Autumn Stars and Galaxies

Wednesday 29 7.30pm The Northern Lights
Thursday 30 1.30pm Seven Wonders of the Solar System
Thursday 30 3.30pm Autumn Stars, Moons and Planets
Friday 31 7.30pm The Northern Lights

Tickets Adults £6.00 Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester
Alternatively please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.southdowns.org.uk

Troubled life of AA founder showcased at Chichester

THE TROUBLED life of self-confessed drinker and founder of help group Alcoholics Anonymous will be played out at the University of Chichester next month.

My Name is Bill, set during the great depression of 1930s America, showcases the intimate story of William Wilson, a one-time millionaire stockbroker who turned to booze on losing his fortunate in the Wall Street crash.

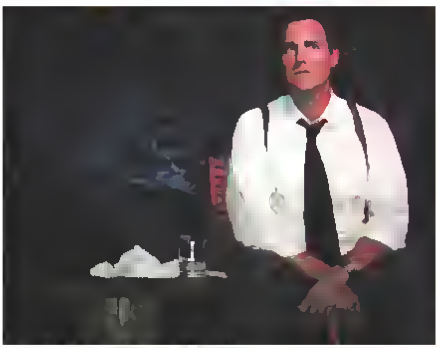
On the brink of destructive alcoholism, he founded the successful Alcoholics Anonymous recovery programme, and was later named among the most important Americans of the twentieth century.

The one-hour drama will be performed at the University on Friday 17 October by US-born solo artist Bryan Bounds, a former alcoholic and now 22-years-sober.

He said: "Little did I know when I was a university student that I would soon become an alcoholic, but it is an illness that affects one in 25 people.

"Bill Wilson was one of the most intelligent people of the 20th century who made a far reaching decision in one of his darkest moments that not only saved his own life but, ultimately, that of millions.

"I wrote this play to plant seeds of awareness so others might realize there is a solution when they need it, and to support the loved ones who are affected by this illness and want to learn more."



Bryan Bounds as AA founder William Wilson

Tickets for the show, which will be performed at 3pm and 7pm on Friday 17 October, cost £6 each and are available from University Chaplain Reverend John Dane on 01243 810 041.

Alternatively visit the University of Chichester, Bishop Otter campus, College Lane, Chichester, PO19 6PE.

What's On in your local area...

• Boys aged 6-8 years old are being invited to experience life as a Chorister in a special fun-packed afternoon at Chichester Cathedral. The Be A Chorister Afternoon will take place on Saturday 11th October 2014 at 2pm. Choristers are educated and board at The Prebendal which has been the choir school of Chichester Cathedral for hundreds of years. The Chorister sing almost every day in the Cathedral, maintaining the tradition of choral services for which English Cathedrals are famous throughout the world. Bursaries of up to 100% of the fees are available by audition. To book a place, please contact the School's Admissions Secretary on 01243 520970 or email headpa@prebendalschool.org.uk.

• University of Chichester students are in for a theatrical roller coaster ride on Friday 17 October as 'My Name is Bill: An Afternoon with an Alcoholic' comes to The ShowRoom for two performances at 3pm and 7pm. With a raft of 5-star awards at the Edinburgh Fringe, the gutsy solo drama centres on Wall Street banking millionaire Bill Wilson – who descended into the depths of destructive alcoholism and later founded Alcoholics Anonymous, the most successful recovery program for addicts and alcoholics. Admission is free and the public is also invited. For further details about how the play is used in universities and schools, and to see a video taster please visit www.mynamesbill.co.uk

• The Arun Sounds Ladies Barbershop Chorus are currently recruiting females of all ages and voice ranges who enjoy singing. The ability to read music is not essential. Rehearsals are held on Monday evenings 7.30 – 9.45 at Jubilee Community hall, off Chalcraft Lane, North Bersted, PO21 5TU and we look forward to welcoming interested visitors. We entertain at various engagements throughout the year and annually support a charity. Enquiries to 01243 820448 www.thearunsounds.co.uk.

• The Chichester Contemplative Prayer Group

BE STILL: Exploring silent prayer in the Christian tradition

Presents a talk on The Ignatian Spiritual Exercises'. Saturday 11th October 10am-12.45pm at St George's Church, Whyke, Chichester, PO19 7AD. The day will be led by Simon Wethered, a retired City solicitor and a Licensed Lay Minister in the Church of England. He trained as a Spiritual Director at the London Diocesan Centre for Spirituality and has practical experience of the Ignatian Spiritual Exercises.

Donations (£5.00) invited to cover administration costs.

Do also bring a packed lunch and stay for a quiet space 1.45pm – 2.30pm. Tea and Coffee will be provided. Further information available from Anne Hughes 01243 783918, Susan Cunningham 01243 775730, Barbara Phillips 01243 784870, Revd Dr Alison Green curate@chichestercathedral.org.uk. Meetings are also held on the third Tuesday evening each month at George Bell House, Canon Lane, Chichester.

Arrivals from 7.15pm for a 7.30pm start, finishing at 8.30pm.

The meetings begin with some teaching on contemplative prayer, followed by 20 – 30 minutes of silence. All are welcome.

• Chichester Art Society's autumn programme continues with a variety of events up to the end of the year. On Thursday October 16th 6.30-8.45pm Paul Arnott will be demonstrating how to use apps on your iPad or tablet to paint digital art. On Thursday November 6th 10.30am-12.30pm Andrew Forker gives a screen presentation of 'Wildlife Painting From Start To Finish'. – On Thursday November 20th 6.30-8.45pm Brighton artist Curtis Tappenden adjudicates the Society's fourth annual award 'The World of the Imagination', a good opportunity to see some of the members' work. On Thursday December 4th 10.30am-12.30pm local artist Kate Tugwell explores 'Colour Mixing' key to any successful painting. (Visitors to meetings £3, includes refreshments and raffle) The Society's popular Figures & Faces Workshops continue until November 25th. Portrait Study alternates with Life Study on Tuesday afternoons 1.30-4.30pm. These workshops are overseen by award-winning local artist Lucie Cookson and there are six of each. Work in your preferred medium. Cost to non-members is £11 or £10 if three or more sessions are booked in advance (Tea/coffee included). Portrait sessions are currently featuring actors in costume. The Society's venue is Bassil Shippam Centre, Toker Way, St Pancras, where there is parking and easy access. For more information or to book places, contact the Secretary on 01243 602360 or email jean.campbell@zen.co.uk

• Concorde is a social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members. It meets every Tuesday at the Walnut Tree, Runcton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglessocialclub.org.uk or phone 01243 575083 or 01243 604725.

If you would like a non-profit or profit to charity event listed then send 70 words to events@ch.chichesterherald.co.uk. All listings are subject to change without notice and entered here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Cafe recycling binned food

A NEW CAFE serving meals made from food rescued from the bin has opened in Bristol.

Customers at Skipchen are not charged a set price for items on the menu but asked to 'pay-as-you feel' instead.

Every scrap of food served at the 20-seat eatery was due to be wasted, having reached its sell by date or been surplus to the needs of restaurants and organisations.

A group of volunteers staff the not-for-profit cafe, in Stokes Croft, overseeing a menu which changes daily depending on what has been obtained.

Teams go out to supermarkets in the city each evening to go 'skipping', pulling out from skips items that have been thrown away.

Skipchen, which opened on Monday, is already proving popular and has served meals including lobster, gorgonzola omelettes and Mediterranean platters.

Sam Joseph, 24, co-director of The Real Junk Food Project (TRJFP), which runs Skipchen, said he hoped to raise awareness of food waste in Britain.

Sam Joseph, co-director of Skipchen, outside the new cafe that serves meals made from food rescued from the bin it has opened in Bristol

"We take food that would otherwise go to waste," said Mr Joseph, who lives in Bristol.

"Skips are thought of as a bit of a scandal but that's just one part of the Real Food Project - we get food from farms, small local businesses and families.

"People who go on holiday often come to us with a fridge full of food that would otherwise go off.

"We also get food from food banks because they don't use food that has gone beyond its best-before date whereas we will.

"People used to share food with their neighbours but there's now embarrassment around it. We're offering a way to stop it going to waste."

Seven "full-on" volunteers at the cafe are being supported by a team of 10 helpers, who offer their time and services through the cafe's Facebook page, The Bristol Skipchen.

The concept has already been popular in Leeds, where a TRJFP cafe opened nine months ago and has built up relationships with many local food providers.

"In Bristol we are relying on going to supermarket skips," Mr Joseph added. "I am really conscious of food safety and food hygiene.

"The way we do it when we go skipping is we do it as soon as they throw the food away. We see them do it and get the food out and into a refrigerator straight away."

The cafe has also formed a partnership with restaurant chain Nandos, which is supplying surplus chicken from its Bristol branches.

This weekend, volunteers will harvest unwanted apples from a farm in Gloucestershire through Gleaning Network, which saves unwanted fruit and vegetables from waste.

Skipchen is in The Crofter's Rights bar, which has provided its kitchen and is paying running costs such as electricity for the cafe.

"I think it would be completely unethical to charge for food that we have got for free so that's why we ask people to pay as they feel," Mr Joseph said.

"We have a real mix of people coming to the cafe and they sit on two long tables, so you could have a businessman sitting next to someone who is homeless one lunchtime.

"People sometimes think they will be taking food from the needy when they come to us but the truth is there is so much to go round.

"Our message is that it is really about eating it and not letting it go to waste."

Mr Joseph, originally from Somerset, is living off the £5,000 he saved from his student loan by not buying food over the past three years.

"My friends and I were living out of supermarket bins for years thinking it was crazy that we were able to survive without spending money," he said.

"The quantity of food we were getting was too much for myself and my friends to eat. It's crazy to think of it on a national scale."

Skipchen is open Monday to Friday between 9am and 3.30pm.

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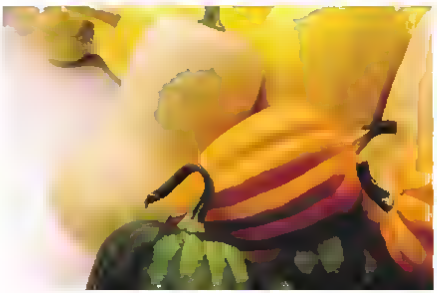
Winter Squash is my Food of the Week!

Denise Kelly
Naturopathic Nutritional Therapist

It's amazing how the season just changes in the click of your fingers I wore a coat out at the weekend for the first time since last April, and almost feel like I want to put the heating on for a quick blast! The colder months are absolutely not my most favorites, as I am 100% a sunshine girl, but it's this time of year that we must up the anti with nutrients to protect ourselves from the onset of winter bugs and viruses This year, why don t you try to prepare yourself for the party season ahead! Get pumping the good food in now and you will benefit from energy and stamina in the cold weeks ahead



This week I think we should celebrate winter squash as the Food of the Week while it is in the peak of its season! It has a fantastic flavour and is not too expensive. It's a great filling for soups, curry's and stews and is one of the richest sources of plant based anti-inflammatory nutrients such as omega 3s and beta-carotene, which are important for a strong immune system to help protect against colds and flu. Although winter squash has long been recognized as an important food source of carotenoids, only recently have research studies documented just how fantastic winter squash can be when it comes to these key antioxidants It turns out that winter squash is one of the best food sources of alpha-carotene and beta-carotene in our diet. For lutein, zeaxanthin, and beta cryptoxanthin (three other health supportive carotenoids) winter squash comes out among the top three!

Don t chuck those seeds either, remember the seeds from winter squash make a great snack food, just like pumpkin seeds If you scoop the pulp and seeds from inside the squash and separate out the seeds, you can place them in a single layer on a baking sheet and lightly roast them at 160-170°F (about 75°C) in the oven for 15-20 minutes By roasting them for a relatively short time at a low temperature you can help minimize damage to their healthy oils Linoleic acid (the polyunsaturated omega-6 fatty acid) and oleic acid (the same monounsaturated fatty acid that is plentiful in olive oil) account for about 75% of the fat found in the seeds

An increasing number of studies also show that the starch-related components in winter squash have antioxidant, anti-inflammatory, as well as anti-diabetic and insulin-regulating properties

So get this hearty food incorporated into your weekly regime over the coming months and the benefits will be massive!

Absorb more iron

Toss a couple of diced white turnips into the pot the next time you make a stew or curry It has about one third of your daily needs of vitamin C a powerful antioxidant that helps with the absorption of iron and also assists the body in making collagen for bones and cartilage

There is nothing more important than looking after your health to accomplish a thriving and vibrant life

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world For more information contact her www.denisekelly.co.uk info@denisekelly.co.uk @DkNutrition 07730671436

Stress and anxiety relief

CAN YOU imagine your life without stress? Any kind of stress leaves its mark on your mind and body Even positive events such as a wedding or the birth of a child bring with them some stress and anxiety.

Acupuncture is a proven and effective treatment for stress relief and is becoming increasingly popular

Through unblocking channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body So you will find reprieve from physical symptoms such as tense muscles, muscular pains and high blood pressure which will allow you to feel refreshed and energised.

More importantly, regular acupuncture treatments can help strengthen your body and improve the body's immunity, so you're able to deal with the day to-day stresses of life more effectively.

A patient under Dr Feng Wang's treatment

Dr Feng Wang and Suzie Wang

Alternatively, acupressure/ Chinese massage can be applied to people who have a fear of needles However, acupressure (massage) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment

In fact, in some cases, acupuncture being used to treat one condition can actually help detect another, more severe illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment

Remember, acupuncture/ acupressure is just one method of relieving stress It's also important to learn positive and productive ways to cope with stress on a daily basis, thereby combining them to help you enjoy a happier and healthier life.

Dr Feng Wang is an associate of the ATCM and has been practising his profession for over 20 years He has been volunteering at CancerWise in Chichester, which has helped to improve the health of many people He also has his own clinic in Chichester city centre

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ALDWICK **£850,000**

Detached house situated on the beach front of the Aldwick Avenue private marine estate The enviable location allows panoramic sea views from many of the principal rooms and direct access to the beach from the rear garden This well presented property includes g f h., u P V C d/glazing cloakroom sitting room morning room dining room study kitchen/breakfast room utility area master bedroom with balcony & en suite bathroom 3 further bedrooms second bathroom double garage courtyard front garden with parking for additional vehicles & a South facing rear garden EPC RATING D

CRAIGWEIL PRIVATE ESTATE **£775,000**

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge spacious dining room versatile dual aspect study kit/breakfast room utility room..an unusual curved staircase and landing master bedroom with en suite bathroom and balcony three further bedrooms family bathroom detached double garage and gardens including a South facing rear EPC Rating D

ALDWICK **£650,000**

A Character house situated on a corner plot. The specification of this well presented property includes g f h dble glazing dual aspect lounge and sep dining room kitchen/breakfast room with conservatory extension utility room master bedroom with en suite shower room four further bedrooms family bathroom separate w c garage and good size gardens EPC Rating F

ALDWICK BAY ESTATE **£497,500**

An extended detached character house situated approx 400 yards from this private beach This property has been extended and reconfigured and includes dual aspect reception area partially separated into a front sitting room with inner lounge/dining room kitchen/breakfast room utility room office/study gr fl bedroom/reception room en suite shower rm, master bedrm with dressing area and en suite shower rm second bedrm bathroom a small garage/store room and wall screened gardens EPC Rating E

ALDWICK **£497,500**

A well presented detached house situated in a private marine estate around 200 yards from the access gate to the private beach. This easily maintained house has a lounge dining room a cloakroom well fitted kitchen/breakfast room utility room, master bedroom with en suite shower room guest suite with en suite shower room third bedroom/study fourth bedroom family bathroom, integral double garage and wall screened gardens EPC Rating D

ALDWICK BAY ESTATE **£465,000**

A detached character cottage situated in a private marine estate approx. 400 yards from the beach The specification of this picturesque property includes g f h u P V C d/glazing lounge dining room rear sitting room kitchen with breakfast room shower room four bedrooms, bathroom separate w c tandem garage with utility area and gardens to front and rear EPC Rating C

BOGNOR REGIS **£235,000**

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Best September for new car sales in a decade – and fuel efficient cars in white are most popular

ALMOST 430,000 new cars were sold last month resulting in the strongest September in a decade, new figures from the Society of Motor Manufacturers and Traders show this morning.

Sales reached 425,861, a 5.6 per cent boost on the same time last year - the 31st consecutive monthly increase. The biggest sellers were the Ford Fiesta, Ford Focus and Volkswagen Golf.

September is often a busy month for car sales, due to the new registration plate. The strong set of data last month means almost two million new cars have been sold so far this year – up 0.1 per cent on the same period last year.

The UK switched to a twice-yearly plates 15 years ago, with the arrival of the T-plate in 1999. Previously, plate changes happened once a year, in August.

Number plates now change in March and September, with demand for the latest plate meaning that these months typically account for a third of the entire year's registrations.

Mike Hawes, SMMT chief, said: 'September's strong performance underlined the continuing robustness of the UK new car market, particularly in the context of last September's bumper volumes.

'Demand for the new 64 plate has been boosted by intensifying confidence in the UK economy, with consumers attracted by a wide range of exciting, increasingly fuel-efficient, new cars.'

From 2004 to 2013, March averaged just over 400,000 car sales per year, with September slightly less at 380,000.

But the SMMT said following an 18 per cent surge in sales in March, the more moderate increase last month indicates that demand is starting to level off.

Richard Lowe, head of retail and wholesale at Barclays, said: 'The heady cocktail of a new plate change, great finance deals and the appeal of increasingly fuel-efficient cars resulted in September being another strong month for new car sales.

'Consumers are also benefiting from stable residual values, enabling them to trade in their old cars for shiny new models at a similar monthly cost.

'While the market is likely to balance out over the final few months of the year, 2014 is destined to be another success story for dealers and manufacturers.'

Howard Archer, economist at IHS Global Insight, said: 'UK economic activity looks pretty well positioned to hold up over the coming months, and the motor industry will be hoping that this sustains healthy consumer and business confidence, and their willingness to splash out on new cars.

'One concern for car manufacturers is that extended low earnings growth could become a constraint for private car sales while some consumers will also be worried by the prospect that interest rates will start to rise before long.'

Elsewhere, the SMMT shows the shifting trends of motorists in the last ten years. Throughout the 04 plate's tenure, the UK's best selling car was the C-segment Ford Focus.

During its time at the top of the sales chart, from 1999 – 2008, Ford saw 1,289,949 Focus cars registered.

However, today, the UK's most popular car is the B-segment Ford Fiesta. This reflects a wider trend with motorists swapping from larger hatchbacks to superminis, the SMMT says.

In the decade between the 04-plate and today, the automotive industry has also taken great strides to make its cars as efficient as possible.

When the average car was registered to an 04 plate, it emitted 179g/km CO_2 from the tailpipe.

In September, the average new car emitted 122g/km CO_2.

Since the 04-plate, cars have also become far more fuel-efficient.

The average 04-plate car consumed fuel at a rate of 42.4 miles per gallon, while a new car registered in September 2014 could manage 50mpg.

A shift has also been seen when it comes to the colour of a motor. When the 04 plate was in season, the most popular colour was silver, followed by blue.

However, this year, silver has fallen out of favour, not even making the top five. Instead white – which didn't even feature in the 2014 top five list – is the new favourite, followed by black, blue, grey and red.

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Football

Goals galore but mixed fortunes for Ladies

Thursday 2 October 2014
South West Division One
Southampton Saints 4 I Chichester City LFC

Sunday 5 October 2014
South West Division One
Chichester City LFC 5—1 Cheltenham Town LFC

AFTER THEIR 2-0 LOSS away to Exeter Chichester City Ladies didn't have to wait long as on Thursday night they made the short trip along the coast to play Southampton ladies. The team knew, after two good performances, they probably didn't get what they deserved in their previous two fixtures and were looking to make amends for this

The game started brightly with Chichester very much in control of the opening exchanges. During the first 30 minutes Southampton struggled to get out of their own half. The Green army looked comfortable in possession when attacking and composed in defence to thwart any Southampton advances. A string of chances saw Ambler and Cheshire strike the woodwork three times in quick succession. Ambler did finally open the scoring with a wonder strike that from near on 25 yards flew into the top corner sparking wild celebrations from the travelling players.

After the restart the game continued in much the same vein with Chichester controlling the game across the park. It took a set piece for Southampton to gain their first meaningful effort on goal, a free kick from the edge the area was placed underneath the wall and caught everyone off guard and nestled into the back of the net. The goal rallied Southampton and they got their second shortly after when a long range free kick was looped into the goal. As the half time whistle blew Chichester were left scratching their heads wondering how they were going in 2-1 down.

The game restarted and Southampton seemed to have renewed purpose about them. The half started with both teams enjoying spells of possession, however, in a ten minute spell the home side added two goals, the first from a quick counter attack and the second from a corner, a real sucker punch to Chichester who really looked like taking three points from the game. The team battled on creating further chances but they were unable to convert any if these opportunities and the game ended 4-1.

The ladies didn't have to wait long to make amends as Sunday saw Cheltenham Town Ladies visit Oaklands Park. The Green army knew that they had to start taking their chances and killing games off when on top and that's exactly what happened here. Chichester again started extremely brightly having several strikes on goal from their attacking players however it was centre back Alexandre who opened the scoring. Alexandre scored from a corner in the reverse picture back in August, showing great initiative from a corner to put the ball in with her hip, this time it was a little more conventional as she nodded home Cheshire's corner.

Ambler was next to get to get herself on the score sheet to make it two inside a week for the returning striker. Naomi Greene made it 3-0 with her first goal for the club as she cut inside and placed an accurate shot with her left foot into the far side of the goal. It was 4-0 at half time as Cherelle Jameson got her first for the club also when she swivelled neatly inside the box to finish a loose ball from a corner.

Going in 4-0 to the good Chichester knew they must not get complacent in the second half to secure all three points.

Cheltenham came out all guns blazing in the second, knowing they needed to score early if they were to take anything from the game. Chichester for the most part managed to contain them however the visitors managed to pull one back when they were awarded a dubious penalty. Greene restored Chichester's four goal advantage when she again beat a player inside the box and placed a shot with her right foot into the back of the net. Chichester then looked to see out the game with some good possession and organised defending.

The game finished 5-1 to Chichester finally a result that their performance warranted.

The ladies are at home again this Sunday in league plate action against Leicester City ladies, kick off 14.00.

Ambler makes scoring return at Chichester

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